

CONTENTS

Acknowledgements.....	1
Read This First.....	3
Introduction.....	4
Glossary of Common Hindi Words.....	5
The Pantry - Everyday Essentials.....	11
The Complete Pantry.....	12
Weights and Measures.....	13
Sample Menu Combinations.....	14

Breakfast & Brunch Dishes

Ande ki Bhurji (<i>Spicy Scrambled Eggs</i>).....	17
Idli (<i>Popular South Indian Steamed Rice Cake</i>) (v).....	18
Pohe (<i>Flattened Rice</i>) (v).....	20
Chhunke Mung (<i>Sprouted Mung Beans, Black Gram or Mouth</i>) (v).....	21
Upma (<i>South Indian Salty Snack</i>) (v).....	22
Uttapam (<i>South Indian Salty Pancake</i>).....	23
Tofu Bhurji (<i>Spicy Scrambled Tofu</i>) (v).....	24

Snacks and Chat

Alu Tikiya (<i>Delicately Spiced Potato Patty</i>) (v).....	27
Bhel Poori (<i>Popular Snack from Mumbai</i>) (v).....	28
Dahi Baday (<i>Fried Dal Balls in Yogurt</i>).....	29
Dhokla (<i>Gujarati Snack</i>).....	30
Gol Gappe (<i>Fried Flour Balls</i>) (v).....	31
Jal Jeera (<i>Cumin Water</i>) (v).....	32
Mathari (<i>North Indian Snack</i>) (v).....	33
Mung Dal Cheele (<i>Shallow Fried Mung Pan Cakes</i>) (v).....	34
Pao Bhaji (<i>Mumbai Street Snack</i>) (v).....	35
Papri Chat (<i>Flour Chips with Yogurt and Chutney</i>).....	36

Saboodana Khichadi (<i>Tapioca Snack</i>) (v).....	37
Vegetable Pakoda (<i>Vegetable Fritters</i>) (v).....	38

Vegetable and Other Side Dishes

Amras (<i>Mango Side Dish</i>).....	41
Anannas Subzi (<i>Pineapple in Light Spicy Sauce</i>) (v).....	42
Baigan Bhartha (<i>Spicy Roasted Eggplant</i>) (v).....	43
Besan ki Mirch - Bharvan (<i>Peppers Stuffed with Gram Flour</i>) (v).....	44
Bhindi Masala (<i>Spicy Okra</i>) (v).....	45
Chatpate Alu (<i>Spicy Potato from Uttar Pradesh</i>) (v).....	46
Chhole (<i>Spicy Chickpeas from the Punjab</i>) (v).....	47
Dahi ke Alu (<i>Potato Subzi with Yogurt Sauce</i>).....	48
Dum Alu (<i>Fried Whole Potato in Tomato Sauce</i>).....	49
Fruit Chat (<i>Spicy Fruit Salad</i>) (v).....	50
Gobhi Alu (<i>Cauliflower and Potatoes</i>) (v).....	51
Jhunko (<i>Konkani Style Bell Pepper with Gram Flour</i>) (v).....	52
Kaddu (<i>Spicy Pumpkin</i>) (v).....	53
Karela - Bharvan (<i>Stuffed Bitter Melon</i>) (v).....	54
Karela - Quick Version (<i>Spicy Bitter Melon</i>) (v).....	55
Kathal Subzi (<i>Spicy Jack Fruit</i>) (v).....	56
Malai Kofta (<i>Cheese Balls in Cream Sauce</i>).....	57
Matar Paneer (<i>Peas and Cheese with Tomato Sauce</i>).....	58
Matar Paneer Korma (<i>Peas and Crumbled Cheese with Tomato Masala</i>)..	59
Mirch ke Tapore (<i>Rajasthani Dish of Sauted Green Chili</i>) (v).....	60
Papad Subzi (<i>Rajasthani Papad Dish with Yogurt</i>).....	61
Rajma (<i>Red Kidney Beans in Spicy Sauce</i>) (v).....	62
Sag Paneer (<i>Spinach and Cheese with Tomatoes</i>).....	63
Sarson ka Sag (<i>Mustard Greens from the Punjab</i>) (v).....	64
Shahi Paneer (<i>Royal Cheese in Cream Sause</i>).....	65

Sev Sabzi (<i>Spicy Apple without Sauce</i>) (v)	66
Sukhe Alu (<i>Spicy Potato without Sauce</i>) (v).....	67
Sukhi Matar (<i>Peas without Sauce</i>) (v).....	68
Talasani (<i>Konkani Style Green Beans with Garlic</i>) (v)	69
Upkari (<i>Konkani Style Green Beans with Coconut</i>) (v)	70

Dals and Dal Variants

Arhar Dal (<i>Aka Toor Dal</i>) (v)	73
Chhilka Mung Dal (<i>Split Unshelled Mung</i>) (v)	74
Dal Makhani (<i>Dal Cooked with Butter</i>) (v).....	75
Panchmel Dal (<i>Mixed Dal</i>) (v).....	76
Sabut Masoor Dal Amti (<i>Sweet and Sour Dal from Mumbai</i>)	77
Sabut Mung (<i>Whole Mung or Lentil Dal</i>) (v)	78
Sambhar (<i>South Indian Dal</i>) (v)	79
Urad Dal (v)	80
Gatte (<i>Rolled Gram Flour Pieces In Yogurt Sauce</i>).....	81
Pakoda/Plain Karhi (<i>Gram Flour and Yogurt Sauce</i>).....	82
Palak Karhi (<i>Karhi with Spinach</i>).....	84
Mangochi (<i>North Indian Mung Dal Pakodas in Yogurt Sauce</i>)	85

Breads and Bread Variants

Bati (<i>Rajasthani Oven Roasted Dough Balls</i>) (v)	89
Bhature (<i>Flour Fried Bread from the Punjab</i>)	90
Kachori (<i>UP Style Deep Fried Bread</i>) (v).....	91
Makki ki Roti (<i>Roasted Corn Flour Bread from the Punjab</i>) (v)	93
Nan (<i>Punjab Oven Roasted Bread</i>)	94
Alu Parantha (<i>North Indian Shallow Fried Bread filled with Potato</i>) (v).....	95
Gobhi Parantha (<i>North Indian Shallow Fried Bread filled with Cauliflower</i>) (v) .	97

Matar Parantha (<i>North Indian Shallow Fried Bread with Peas</i>) (v).....	99
Paneer Parantha (<i>North Indian Shallow Fried Bread Filled with Cheese</i>) ..	101
Sada Parantha (<i>North Indian Shallow Fried Bread</i>) (v).....	103
Poori (<i>Deep Fried Bread</i>) (v).....	104
Roti aka Phulka aka Chapati (<i>Roasted Flat Whole Wheat Bread</i>) (v) ...	105
Tandoori Roti (<i>Oven Roasted Flat Whole Wheat Bread</i>)	106

Rice Dishes

Brown Basmati Rice (v).....	109
Dahi Bhat (<i>South Indian Style Rice with Yogurt</i>)	110
Khichdi (<i>Rice with Mung Dal</i>) (v).....	111
Plain/Cumin Basmati Rice (v)	112
Chicken Biryani (<i>Spicy Fried Rice with Chicken</i>)	113
Tahari aka Pulao (<i>Delicately Spiced Rice with Vegetables</i>) (v)	114

Non Vegetarian Dishes

Chicken Curry	117
Chicken Makhani (<i>Butter Chicken</i>).....	118
Chicken Malai Kabab for BBQ	119
Chicken or Lamb Seekh Kabab	120
Kadhai Chicken	122
Palak (Spinach) Chicken	123
Rajasthani Chicken (<i>Colorful Spicy Chicken from Rajasthan</i>)	124
Tandoori Chicken (<i>Charcoal / Oven Chicken</i>).....	126
Goan Fish/Shrimp Curry	128
Konkan Fried Fish	129
Keema Matar (<i>Ground Meat with Peas</i>)	130
Lamb/Mutton Curry	131
Mutton Chops	132

Rogan Josh (<i>Mutton Curry</i>)	133
Frankies (<i>Spicy Meat Rolls</i>)	134

Pickles, Raitas, Chutneys and Condiments

Nariyal Lahsan Chutney (<i>Coconut Garlic Chutney</i>) (v)	137
Nariyal Chutney (<i>Coconut Chutney</i>).....	137
Nimbu Pyaz (<i>Lemon Marinated Onions</i>) (v).....	138
Sirka Pyaz (<i>Red Pearl Onions in Vinegar</i>) (v).....	138
Tali Adrak (<i>Shallow Fried Ginger</i>) (v).....	139
Nimbu Mirch and Adrak (<i>Lemon Marinated Chili and Ginger</i>) (v).....	139
Imli Chutney (<i>Tamarind Chutney</i>) (v).....	140
Dhania and Podina Chutney (<i>Coriander and Mint Chutney</i>) (v)	140
Ananas Lonji (<i>Pickle like Spiced Pineapple Side Dish</i>) (v).....	141
Quick Nimbu Achar (<i>Quick Lemon Pickle</i>) (v)	142
Kheera and Other Raitas (<i>Delicately Spiced Yogurt with Vegetables</i>)	143
Special Palak Raita (<i>Delicately Spiced Yogurt with Spinach</i>).....	144

Desserts

Alwar Kalakand (<i>Milk Cake from Alwar</i>)	147
Besan Burfi (<i>North Indian Sweet also called Mohan Thal</i>)	148
Besan Ka Halwa (<i>Hot Gram Flour Pudding</i>)	149
Sooji Halwa (<i>Hot Semolina Pudding</i>)	149
Besan Laddoo (<i>Sweet Fragrant Gram Flour Balls</i>)	150
Choorme ke Laddoo (<i>Sweet Fragrant Flour Balls</i>)	151
Fruit Cream (<i>Light Fresh Fruit Dessert</i>).....	152
Gulab Jamun (<i>Fragrant Milk Balls in Light Syrup</i>).....	153
Kheer (<i>Indian Style Rice Pudding</i>).....	154
Mango Ice Cream	154

Nan Khatai (<i>Indian Style Butter Cookies</i>)	155
Peda (<i>Sweet Milk Patties</i>)	155
Ras Malai (<i>Cheese Balls in Light Cream Sauce</i>)	156
Rasgulla (<i>Cheese Balls in Light Syrup</i>).....	157
Ricotta Burfi (<i>Rectangular Fragrant Sweet Pastries</i>).....	158
Sevain Kheer (<i>Indian Style Vermicelli Pudding</i>).....	159
Srikhand (<i>Light Fragrant Yogurt Dessert from Maharashtra</i>)	160

Drinks

Mango Lassi (<i>Refreshing Mango Yogurt Drink from the Punjab</i>)	163
Lassi (<i>Refreshing Yogurt Drink from the Punjab</i>)	163
Namkeen Lassi (<i>Refreshing Salty Yogurt Drink from the Punjab</i>)	164
Masala Adrak Chai (<i>Spicy Tea with Ginger</i>)	164
Panna (<i>Sweet and Sour Green Mango Drink</i>) (v).....	165
Thandai (<i>Delicious Iced Almond and Herbs Milk Drink from North India</i>) ...	166

Miscellaneous

Ghee (<i>Clarified Butter</i>).....	169
Home Made Dahi (<i>Home Made Yogurt</i>)	170
Paneer (<i>Homemade Cheese</i>).....	171
Precooked Masala (v).....	172
Bhuna Jeera (<i>Roasted and Ground Cumin</i>) (v).....	173
Anardana (<i>Roasted Pomegranate Seed Powder</i>) (v)	173
Garam Masala (<i>North Indian Spice Blend</i>) (v).....	174
Sambhar Powder (<i>South indian Spice Blend Used in Sambhar</i>) (v).....	175
Saunf (<i>Roasted Fennel Seeds with Coconut</i>) (v).....	176

More TLC Tips

More TLC Tips	179
---------------------	-----